

SECTION-II

QUESTION-02

Answer:

1. Introduction:

Fasting is obligatory prayer in Islam. The word '**Saum**' literally means to stop or to bring to halt. It is obligatory on every adult, sane and healthy person. Allah almighty says in Quran - that

"All the deeds of man are for him, but the fasting (Saum) is for me,

and I will be the
one who fasts on the
day of judgment."

Fasting instills patience, kindness, sense of responsibility, and gratefulness in man. Along with this, fasting leads to charity, pious society, peace, and fear of Allah Almighty. Therefore, fasting is repeated multiple times in the Quran for its individual and social impacts.

2. Concept of fasting in Islam:

Fasting is the practice of abstaining from drinking, eating, sexual activity, and bad deeds in the holy month of Ramadan.

يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ

كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ

لَقَلَّكُمْ تَتَّقُونَ ۝

(البقرة)

"O you! who have believed fasting is prescribed for you as it was for those before you so you become mindful to Allah."

There is great reward for those who fast. As prophet Muhammad (PBUH) said:

"In paradise there is a gate called Al-Rayhan, through which those who fast will enter on the day of Resurrection..."

3. Importance of fasting in Islam:

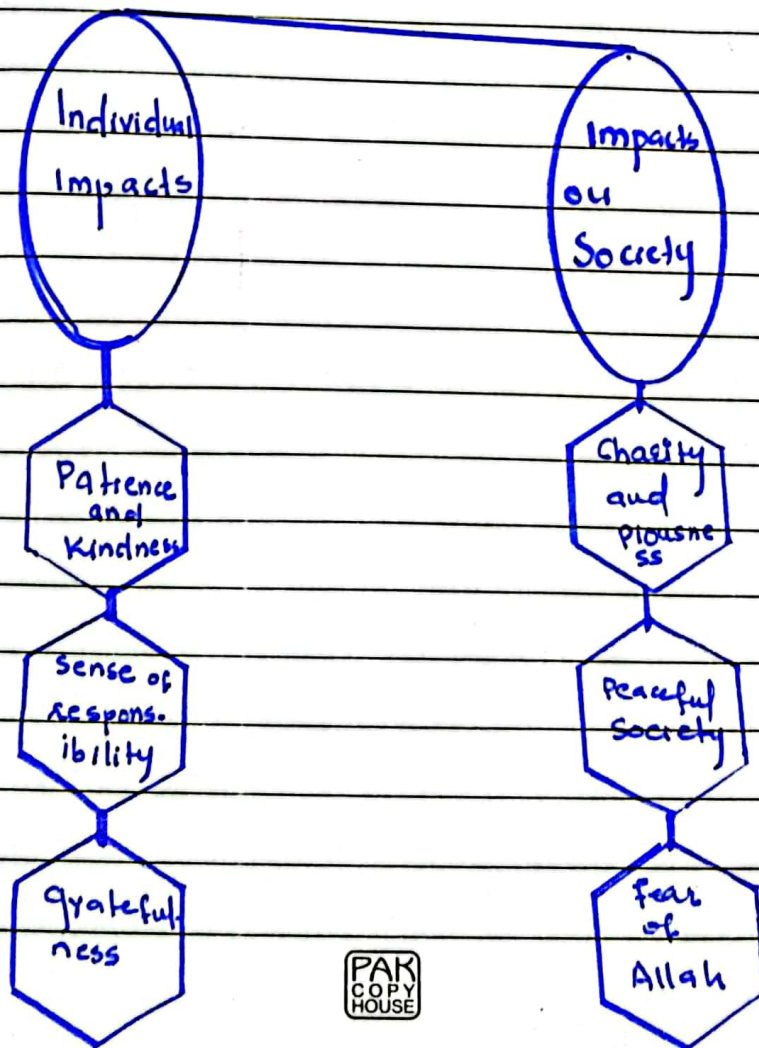
Fasting in Islam is a spiritual discipline that is prescribed in the Quran and is the core part of Muslim faith. The Quran and Hadith emphasize the importance of fasting in attaining Taqwa or God-consciousness. It is not allowed to skip fasting for without any valid reason, even travellers and sick are asked to fast after some time or

feed - the needy. Prophet Muhammad (PBUH) said:

"... Varsity, the smell of the mouth of a fasting person is better to Allah than the smell of musk."
(Bukhari)

4. Impacts of fasting:

Fasting has various positive impacts on individuals and society.



(a) Individual Impacts of Fasting:

Fasting impacts an individual being in following way.

(i) Instills patience and kindness:

When man has empty stomach for half of the day, he feels patience in himself. Even in the hot summers he can't drink anything. When such situation is faced by man he feels sympathy for poor and becomes kind towards them.

(ii) Emergence of sense of responsibility:

As man feels the hunger of impoverished people, he considers it his responsibility to take care of those who are hungry in every season. The man then takes steps

to do something better for
-them.

(iii) Enhancement of gratefulness:

During fasting, when a believer notices that after hunger and patience his lord provides him the means to break his fast. He then knows the real meaning of 'الرزق' (providee or sustainer).

This then increases the thankfulness and gratefulness in man.

(b) Impacts of fasting on Society:

Individuals are the backbone of society. When individuals practice fasting, it ultimately impacts society as whole.

(1) leads to charity and piety in society:

In Surah 'Baqarah' it

Date _____
is stated - that - those who
are able to fast can either
fast or feed a poor person
for each day of fastcup.

Moreover, Fitha (charity)
is given in the month of Ramad.
Such practices lead to
charity and economic equality.
Moreover, during fasting man is
prohibited to do any wrongful
act otherwise his fast could
be broken. So, in such year
man becomes conscious and
pious. Resultantly, society becomes
a pious society.

(ii) Promotion of a peaceful society:

During fasting man
is prohibited to fight with
anyone. As narrated by Abu
Hurayrah (r.a) that the messengers
of Allah said,

"fasting is a shield
so let (the fasting person) not
utter any ignorant speech, and

if someone tries to fight him
or insult him, let him
say 'I am fasting', twice."

(Bukhari)

In such a way peace
and co-existence is brought
through fasting.

(ii) God-fearing society:

people become honest
in their dealings during
fasting. As fasting is not
only abstaining from drink-
ing and eating. So, people
try to become as good
as possible due to the
fear of Allah.

5 Conclusion:

Fasting is a
mandatory prayer in Islam.
Allah calls it a prayer
to Himself and promises
to reward accordingly. Fasting
makes man patient, kind,

brings sense of responsibility,
and gratefulness. Moreover, society
also becomes charitable, pious,
peaceful, and God fearing. Therefo
re DR Hamidullah said:

"The fasting enjoined
by the religion, by
a revealed law must
entail derive pleasure if
we accomplish it. And
spiritual and that worldly
benefit can be greater than
the eternal pleasure of the Lord."
